



National Nutrient Database for Standard Reference
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Statistics Report 01084, Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D

Report Date: July 05, 2017 03:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	88.74	28	0.028	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	48	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	203	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Protein	g	3.93	25	0.028	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	1.17	30	0.024	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	0.86	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	5.52	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Minerals													
Calcium, Ca	mg	142	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Iron, Fe	mg	0.06	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	16	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	111	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	180	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	58	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	0.45	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	2.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	1.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.192	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.373	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, DFE	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin B-12	µg	0.43	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin A, RAE	µg	61	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	61	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Vitamin A, IU	IU	203	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin D (D2 + D3)	µg	1.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D	IU	40	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2001
Lipids													
Fatty acids, total saturated	g	0.728	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.038	52	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.022	68	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.013	89	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0	g	0.029	89	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.033	89	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	0.118	88	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	0.308	88	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.142	88	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	0.338	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.026	71	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	0.294	78	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total polyunsaturated	g	0.043	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.026	74	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.017	65	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Cholesterol	mg	4	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Amino Acids

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.055	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.177	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	0.238	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	0.385	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	0.312	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.099	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	0.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	0.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	0.263	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	0.142	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.107	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.136	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Aspartic acid	g	0.298	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	11/1976
Glutamic acid	g	0.823	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	11/1976
Glycine	g	0.083	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	11/1976
Proline	g	0.381	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	11/1976
Serine	g	0.214	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	11/1976